



Lowell Senior Center HERITAGE

HAPPY

New Year

2023

NEW YEAR, NEW DIRECTOR!
MEET HER ON PAGE 3!

CITY MANAGER

Tom Golden

Assistant City Manager

Shawn Machado

CITY COUNCIL**Mayor**

Sokhary Chau

Vice Chair

Erik Gitschier

* * * * *

John Drinkwater

Wayne Jenness

John J. Leahy

Rita M. Mercier

Vesna Nuon

Corey Robinson

Daniel Rourke

Kimberly Scott

Paul Ratha Yem

**LOWELL
SENIOR CENTER****276 Broadway St
Lowell, MA 01854
978-674-4131**

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**Monday–Friday:  
7 am to 3 pm****Saturday–Sunday:  
Open for meals only****Breakfast:  
7 - 8 am  
Dine in or take-out****Daily Lunch:  
11 - 11:30 am  
Dine in or take-out**

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Director: Kimberly Gagnon**Receptionist:** Tara Donnelly**Programs:** Aurora Erickson**Chef:** Joe Wilkins

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**Outreach Team  
Tel: 978-674-1166**Seila Chuop (Khmer, Korean)  
Glady Dieppa (Spanish)  
Jenny Khweiss (Spanish, Arabic)  
Amy Leal (Portuguese, Spanish)**COUNCIL ON AGING  
BOARD OF DIRECTORS***Andrew Hostetler, Chair**Joyce E. Dastou**Beverly Gonsalves**Judith Huber**John R. Lawlor**Molyka Tieng**Gilda James**Frank Baskin**One Vacancy*

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**Next Meeting
January 9th****Library Senior Center Branch**Public computers are open
Wednesdays, 9 am to 12 pm**City of Lowell
Veterans Services****Director / Agent**

Eric Lamarche

ELamarche@lowellma.gov

**Office Hours:
8:00 A.M. - 4:00 PM.
Monday - Friday**

Tel: 978-674-4066

Lowell Health and Human Services

Lowell Health Department

978-674-4010

Lisa Golden, Director

Prefer reading
The Heritage Newsletter
online?Visit: www.lowellma.gov/seniors

Don't just love the Senior Center, "Like" the Senior Center! Find us on Facebook for announcements, events, and photos all through the month. Type in:

www.facebook.com/LowellSeniorCenter**Note:** our official page will have the City Seal and is called "City of Lowell Senior Center".

Meet the New Director!

My name is Kimberly Gagnon and I am the new COA Director. I have a passion for working with seniors and using a hands-on approach to building relationships. For the past 10 years, I have been working in the assisted living industry, having spent the last 2 years as Executive Director.

I grew up locally in Chelmsford and attended UMass Lowell, where I received my degree in Business Administration. I look forward to getting acclimated to my new role and working with everyone!

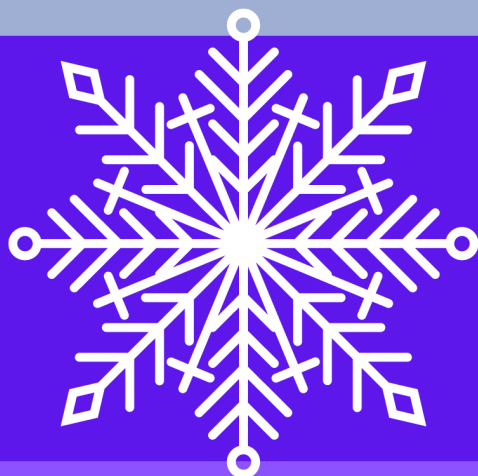
~Kimberly



Snowflake Craft

Make foam snowflakes with
Local Artist Debbie Roy

Monday
January 30
Noon



Free Classes for 60+!

Lowell Senior Center 276 Broadway
(978)674-4131 to sign up.

Covid Booster Clinic

9am-
11am

1/10
Tuesday

Need help with Fuel Costs? This program can help!



CTI Fuel Assistance
 Telefono #: 978-459-6161
 Fax #: 978-458-8594
 Email: fuelassistance@commteam.org
 Sitio Web: www.commteam.org

Asistencia de Calefaccion Pautas Annual de Ingresos del Hogar (2022-2023)

PERSONAS EN EL HOGAR		INGRESO BRUTO MAXIMO
1		42,411
2		55,461
3		68,511
4		81,561
5		94,610
6		107,660

(Comuniquese con nuestra oficina para familias con mas de 6 miembros)

- **Los nuevos solicitantes se realizan por telefono.**
- Si usted ha aplicado para la Asistencia de Calefaccion en años anteriores, llame a la oficina al 978-459-6161 y le enviaremos una aplicacion.
- Los nuevos solicitantes pueden llamar a la oficina de Asistencia de Calefaccion al 978-459-6161 para hacer una cita para aplicar para la Asistencia de Calefaccion por telefono.
- Los nuevos solicitantes pueden aplicar en linea por **commteam.org/fuel**
- Los clientes pueden llamar a la oficina de Asistencia de Calefaccion al 978-459-6161 para hablar con un miembro del personal sobre su solicitud. Un miembro de nuestra oficina respondera las llamadas de Lunes a Jueves de 8:30am a 5:00pm y los Viernes de 9:30am a 5:00pm.
- FY 2023 Las solicitudes de Asistencia de Calefaccion se han enviado por correo a todos los clientes que estaban en el programa el año pasado. Si un cliente que ya estaba en el programa no recibio su solicitud para el año fiscal FY23, puede llamar a la oficina y solicitar que se le envíe otra por correo.
- Los clientes pueden enviar por correo, correo electronico o fax su solicitud de Asistencia de Calefaccion para el año fiscal 2023
- o la documentacion faltante a la direccion o los numeros indicados anteriormente.
- Hay un buzón designado fuera del edificio en 45 Kirk St. para que los clientes dejen su solicitud y la documentacion faltante.
- Ultimo dia para aplicar se a extendido hasta el Viernes, , 2023.
- **CTI Asistencia de Calefaccion sirve a las siguientes ciudades y pueblos:** Arlington, Bedford, Belmont, Billerica, Burlington, Carlisle, Chelmsford, Dracut, Dunstable, Groton, Lexington, Lowell, Pepperell, Tewksbury, Tyngsboro, Waltham, Watertown, Westford, and Wilmington



CTI Fuel Assistance
 Telephone #: 978-459-6161
 Fax #: 978-458-8594
 Email: fuelassistance@commteam.org
 Website: www.commteam.org

Heating Assistance Annual Household Income Guidelines (2022-2023)

HOUSEHOLD SIZE		MAXIMUM GROSS INCOME
1		42,411
2		55,461
3		68,511
4		81,561
5		94,610
6		107,660

(Contact our office for families with more than 6 members)

- **New applications are being done over the telephone or you can apply online.**

Starting 10/1/22 New and returning (re-cert) clients can apply online at **commteam.org/fuel**

- You must have a valid email address to submit an online application.
- Please do not apply online if you have already sent in your application for this year.

Clients that do not want to apply online can do one of the following:

- New clients can call the Fuel Assistance office at 978-459-6161 to make an appointment to apply for Fuel Assistance over the telephone.
- FY 2023 Fuel Assistance applications have been mailed to all clients that were on the program last year. If a returning (re-cert) client did not receive their FY23 application they can call the office and request another one be mailed to them.
- If you applied for Fuel Assistance in previous years, call the office at 978-459-6161. We can update your address and mail you an application.
- Clients can call the Fuel Assistance office at 978-459-6161 to speak to a staff member if they have any questions about their application. A staff member will be answering calls Monday - Thursday 8:30 AM to 5:00PM and Friday 9:30 – 5:00.
- Clients can mail, email or fax their FY 2023 Fuel Assistance application or missing documentation to the address or numbers listed above.
- There is a designated drop box outside the building at 45 Kirk St. for clients to drop off their application and missing documentation.
- **CTI Fuel Assistance serves the following cities and towns:** Arlington, Bedford, Belmont, Billerica, Burlington, Carlisle, Chelmsford, Dracut, Dunstable, Groton, Lexington, Lowell, Pepperell, Tewksbury, Tyngsboro, Waltham, Watertown, Westford, and Wilmington

Friends of the COA Application

Name _____

Address _____

Phone # _____

E-mail _____

The friends fee is \$5 per calendar year.

Any additional donations are gratefully accepted.

____ I am enclosing an additional donation of \$ _____

____ I do want my newsletter mailed to me

____ I want to pick up my copy of the newsletter to save the Friends' funds for senior center needs

Friends of Lowell Council on Aging

I hope everyone had a Merry Christmas and Happy New Year. The beginning of last month the Center was turned into a shelter to help people displaced by the water main break. We were unable to have our scheduled meeting but still kept on top of our member's concerns.

We want to thank Kenny Ashley, Beverly Gonsalves, Nancy Judge and Rita Mercier for all their help in serving meals as well as running the successful 50/50 raffles at the past two dinner dances. These raffles are fun but are a lot of effort from the volunteers. The FCOLA truly appreciate your dedication.

This year is an election year for the Board of Directors. There is an application in this month's newsletter for anyone interested in running for any office. The election will be held Wednesday, April 26, 2023 at the Center. More detailed information on the hours and where in the center the voting will occur, will be published in future newsletters. In order to be a candidate you must hold a current 2023 membership paid no later than March 24, 2023. This is also the deadline for submitting nomination papers. You may run for more than one position on the board, however if you are the top voter getter in both positions, you can only hold one office.

Welcome our newest member to the Board of Directors Joe Peirce. Due to upcoming health appointments, Sylvia Carbonneau is unable to commit to future meetings at this time. Joe is a past member of our board and was instrumental in purchasing the carpeting for the exercise room and upstairs area. Welcome back Joe.

Only one holiday this month. Rev. Martin Luther King Jr. Day, Monday, January 16. Remember to fly your flags.

—Jacqueline Denison, *Treasurer*

FRIENDS OF LOWELL COUNCIL ON AGING

276 BROADWAY ST LOWELL MA 01854

Wednesday, April 26th 2023 ELECTION

Board Nomination Form FOR All POSITIONS

PRESIDENT, VICE PRES, SECRETARY, TREASURER, 5 DIRECTORS

Candidate Information

Name: _____

Home address: _____

Contact number: _____

E-mail address: _____

Employment/Position: _____

NOMINATED FOR 2 YEAR TERM AS:

- _____ 1. PRESIDENT
- _____ 2. VICE PRESIDENT
- _____ 3. SECRETARY
- _____ 4. TREASURER
- _____ 5. ONE OF FIVE DIRECTORS

MUST BE RETURNED BY FRIDAY, MARCH 24th 2023

Submitted by

Name: _____ Date: _____

Phone: _____ E-mail: _____

----- FRIENDS USE ONLY -----

Has person been contacted to determine their interest in being nominated?

_____ Yes _____ No

If "yes," would he/she be willing to serve if elected?

_____ Yes _____ No

BOARD OF DIRECTORS

PRESIDENT

Rita M. Mercier

VICE PRESIDENT

Dr. Joseph M.
Downes

SECRETARY

Beverly
Gonsalves

TREASURER

Jacqueline
Denison

DIRECTORS

Ken Ashley
Richard Demers
Nancy Judge
Joe Peirce
Arthur Toupin

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Next Meeting:

January 27

For Your Health

FREE Fitness Room



Monday to Friday, 7 am to 3 pm

Required:

- Lowell residents age 60+
- Sneakers
- Annual doctor's release

Salsa

Fridays/viernes,
10 am - 11:00 am

Learn salsa and meringue moves in this fun and active dance class to bring sunshine to your day. Class is taught in English and Spanish.

Aprenda los Movimientos y Bailes de Salsa y Merengue En este Divertida Clase de Baile para Para que Illumines tu Dia. Las Clases seran en Espanol Y ingles.

Bone Builders

Mondays and Wednesdays,
8:30 am

FREE with application process to participate, ask at front desk.

We are seeking new volunteer instructors for this program! Please join the class if you are interested.



Foot Clinic with Diane Stanley, RN **Sign up in advance required.**

\$30.00 fee

Includes: foot assessment, toenail trim and filing, reduction of nails/corns/calluses, education to help maintain self-care, and a relaxing foot massage.



Tai **Chi**

Mondays at 11am

\$5 per class

Tai Chi is a relaxing form of exercise a little bit like yoga or slow, gentle dance. You move slowly through poses that help you focus your energy and relax your body.

Beginners welcome.

A Matter of Balance

Concerned about falls? This 8 week workshop will help you work on balance and flexibility, as well as making your home safer.

Our own Dee Leon will help lead this class in English and Spanish.

Call 978-674-4131 to register!

"On the Move"

Mondays, Wednesdays, and Fridays,
9:00 am, \$3 per class

Aerobics and stretching, with weights, balls and resistance bands with Marian Silk



Yoga with Christine Connolly

Chair Yoga
Tuesdays 12 - 1pm
or
Gentle Kripalu Yoga
Fridays, 12 - 1 pm



\$5 per class

Calm breathing, stretching, and yoga poses to help improve flexibility and balance and reduce stress.

The instructor can modify poses for you around your limitations.

Blood Pressure Clinic

Monday 1/9

11-Noon

Courtesy of Element Care

Weekly Activities

Mahjong

Mondays
12 - 2:45 pm
Board Room

Returns September 12th!

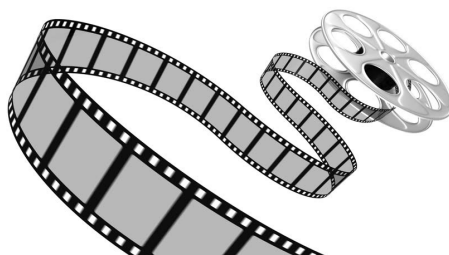


Thursday Movies

Thursdays

12 noon

Great Hall



Friday Social

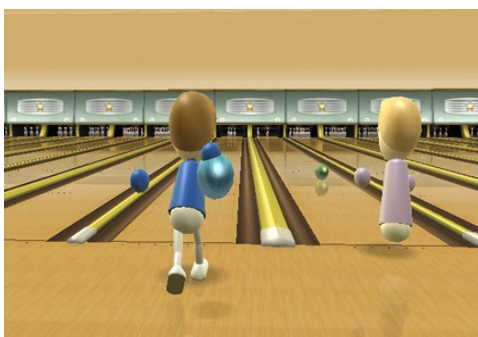
Fridays
12 - 2:45 pm
Great Hall

Line dancing, couples dancing, friendly conversation.



Wii Bowling

Tuesdays and Fridays
10:00 am - 11:30 am
Board Room



Knit & Crochet Group

Tuesdays 12:00 - 2:45 pm

Classroom



Bingo

Wednesdays, 12 - 3 pm

50 cents per card, sales start at noon
Prizes vary based on attendance.

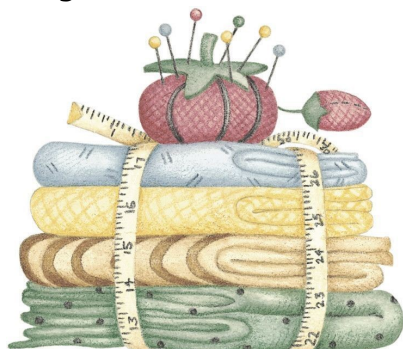
No Bingo 10/26



Quilting Group

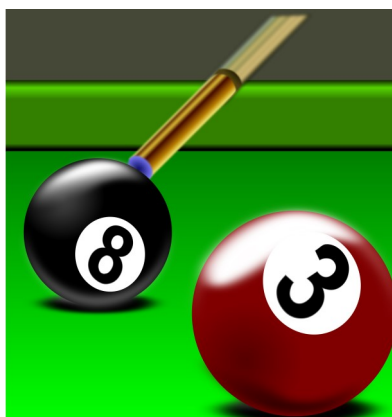
Wednesdays
12 - 2:45 pm
2nd Floor Classroom

Newcomers welcome, beginners to advanced!



Billiard Room

Open Monday - Friday
7 am - 2:45pm



Cards

Poker

Wednesdays and Fridays
9:30 am - 2:45 pm

Cribbage

Tuesdays
11:30 am - 2:45 pm

45's

Thursdays
11:30 am - 2:45 pm



JANUARY

| Sunday | Monday | Tuesday | Wednesday |
|---|--|---|--|
| 1.
Senior Center Closed | 2.
Senior Center Closed | 3.
10:30-11:30 Wii Bowling
11:30-2:45 Cribbage
12:00-1:00 Chair Yoga
12-2:45 Knit & Crochet

8am Veteran's Breakfast | 4.
8:30 Bone Builders
9:00 On the Move
9:30-2:45 Poker
12-2:45 Quilting
12-3 Bingo |
| 8.
7-8 am Breakfast
11-11:30 Lunch | 9.
8:30 Bone Builders
9:00 On the Move
9-11 SHINE Counseling
11 Blood Pressure Clinic
11 Tai Chi
12 Mahjong | 10.
9am-11am Covid Booster Clinic
10:30-11:30 Wii Bowling
11:30-2:45 Cribbage
12:00-1:00 Chair Yoga
12-2:45 Knit & Crochet

12 Yankee Swap | 11.
8:30 Bone Builders
9:00 On the Move
9:30-2:45 Poker
12-2:45 Quilting
12-3 Bingo |
| 15.
7-8 am Breakfast
11-11:30 Lunch | 16.
Martin Luther King Jr. Day
Senior Center Closed | 17.
10 Cooking for One Demo
10:30-11:30 Wii Bowling
11:30-2:45 Cribbage
12:00-1:00 Chair Yoga
12-2:45 Knit & Crochet | 18.
8:30 Bone Builders
9:00 On the Move
9:30-2:45 Poker
12-2:45 Quilting
12-3 Bingo |
| 22.
7-8 am Breakfast
11-11:30 Lunch | 23.
9 COA Board Meeting
8:30 Bone Builders
9:00 On the Move
9-11 SHINE Counseling
11 Tai Chi
12 Mahjong | 24. Brown Bag Day
10:30-11:30 Wii Bowling
11:30-2:45 Cribbage
12:00-1:00 Chair Yoga
12-2:45 Knit & Crochet | 25.
8:30 Bone Builders
9:00 On the Move
9:30-2:45 Poker
12-2:45 Quilting
12-3 Bingo |
| 29.
7-8 am Breakfast
11-11:30 Lunch | 30.
8:30 Bone Builders
9:00 On the Move
9-11 SHINE Counseling
11 Tai Chi
12 Mahjong
12 Snowflake Craft | 31.
10:30-11:30 Wii Bowling
11:30-2:45 Cribbage
12:00-1:00 Chair Yoga
12-2:45 Knit & Crochet | |

RY

| Thursday | Friday | Saturday |
|--|---|---|
| 5. Memory Café—see pg 4
11:30-2:45 Cards: 45's
12:00 Thursday Movie: Pay it Forward | 6.
9:00 On the Move
10-11 Salsa
9:30-2:45 Poker
10:30-11:30 Wii Bowling
12:00 Gentle Yoga
12:00 Senior Social | 7.

7-8 am Breakfast
11-11:30 Lunch |
| 12.
11:30-2:45 Cards: 45's
12:00 Thursday Movie: Willow | 13.
9:00 On the Move
10-11 Salsa
9:30-2:45 Poker
10:30-11:30 Wii Bowling
12:00 Gentle Yoga

No Senior Social | 14.

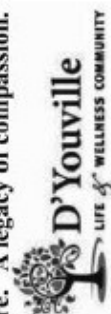
7-8 am Breakfast
11-11:30 Lunch |
| 19.
11:30-2:45 Cards: 45's
12 Diabetes Self Management
12:00 Thursday Movie: Love Story | 20.
9:00 On the Move
10-11 Salsa
9:30-2:45 Poker
10:30-11:30 Wii Bowling
12:00 Gentle Yoga
12:00 Senior Social | 21.
7-8 am Breakfast
11-11:30 Lunch |
| 26.

11:30-2:45 Cards: 45's
12:00 Thursday Movie: Beetlejuice | 27.

9:00 On the Move
9:30 Friends Meeting
10-11 Salsa
9:30-2:45 Poker
10:30-11:30 Wii Bowling
12:00 Gentle Yoga
12:00 Senior Social | 28.

7-8 am Breakfast
11-11:30 Lunch |
| | | |

A commitment to care. A legacy of compassion. This is D'Youville.



Short-term Rehabilitation • Long-term Care • Independent Senior Apartments
Adult Day Health • Alzheimer's and Dementia Care • Hospice

Most insurance plans accepted
981 Varnum Ave. • Lowell, MA

(978) 569-1000

www.dyouville.org

First Lowell Rehab Apartments




























Effective July 1st, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation.

Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



January MENU 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|---|
| 1 Center Closed | 2 Center Closed | 3 Stuffed Peppers  | 4 Teriyaki Chicken  | 5 Pot Roast  | 6 Baked Cod  | 7 Shepard's Pie  |
| 8 Hot dogs  | 9 Chicken Supreme  | 10 Liver and Onions  | 11 Roast Pork  | 12 Spaghetti and Meatballs | 13 Turkey Dinner  | 14 Cheese Burgers  |
| 15 Chicken Stew  | 16 Center Closed Martin Luther King Day!! | 17. Smothered Steak  | 18 Chicken Parmesan  | 19 Pork Cutlets  | 20 Tuscan Cod  | 21 American Chop Suey  |
| 22 Turkey Chilli  | 23 Chicken Breast  | 24 Beef Stew  | 25 Spanish Chicken  | 26 Meat Loaf  | 27 Fish  | 28 Stuffed Cabbage  |
| 29 Stir Fry Chicken  | 30 Salisbury Steak  | 31. Lasagna  | | | | |

January MENU 2023

| domingo | lunes | martes | miércoles | jueves | viernes | sábado |
|-----------------------|---------------------|------------------------|--------------------|--------------------------|------------------|---------------------------|
| 1.Cerrado | 1.Cerrado | 3.Pimientos Rellenos | 4.Pollo Dulce | 5.Cerdo a la Cacerola | 6.Pez Azado | 7.Pie de Carne |
| 8.Franfurajes | 9.Pollo Supremo | 10.Higado Encebollado | 11.Cerdo Azado | 12.Spagetti & Albondigas | 13.Cena de Pavo | 14.Hamburguesas Con Queso |
| 15.Pollo Guisado | 16.Cerrado | 17. Bistek Blando | 18.Pollo Parmesano | 19.Cerdo Rebanado | 20.Pezcado Azado | 21.Pollo Guisado Dulce |
| 22.Chily de Pavo | 23.Pechuga de Pollo | 24.Spagetti Albondigas | 25.Pollo Criollo | 26.Carne Molida | 27. Pescado | 28. Repollo Relleno |
| 29. Pollo A la Sarten | 30. Bistek Salibery | 31. Lasaña | | | | |

Milk and Bread are served with all lunches.

Vegetarian options available weekdays. Please call one day ahead.

BREAKFAST

7AM - 8AM

LUNCH

11AM - 11:30AM

**SUGGESTED
DONATION:
\$1 BREAKFAST,
\$2.50 LUNCH**

- Bits and Bites -

A monthly article letting you in on what's going on in nutrition this month

By: Katherine Pittsley, Intern; BS, MPH/RDN candidate

Bits and Bites – A monthly article letting you in on what's going on in nutrition this month

By: Katherine Pittsley, Intern; BS, MPH/RDN candidate

As many of you know, last month we saw a flood that affected all of us. We operated as an emergency shelter to help those who were displaced, with warmth, shelter, safety, and food. We are lucky this didn't happen in the middle of the winter, but as the bitter cold is finally here, I wanted to provide you with a list of emergency resources if you find yourself without food for any reason:

Catholic Charities Merrimack Valley 978-454-9946 ccab.org/basic-needs/food-pantries/

CCF Ministries Food Pantry 978-934-9414

Central Food Ministry 978-454-7445 cfministry.org/need-food

Dwelling House of Hope Food Pantry 866-674-9988 dwellinghouseofhope.org/food-pantry/

Lowell Humane Society (for pet food, etc) 978-452-7781 lowellhumanesociety.org/

Meals on Wheels 1-800-892-0890 agespan.org/solutions/nutrition-and-food-security/

Merrimack Valley Food Bank 978-454-7272 <https://mvfb.org/> à click "find food"

Project Bread 1-800-645-8333 projectbread.org/get-help

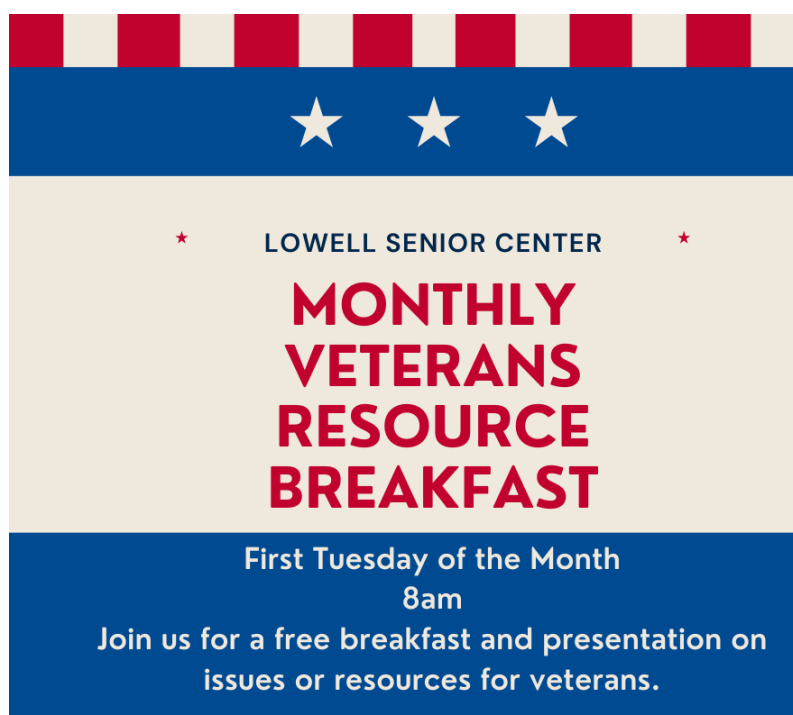
Salvation Army (978) 458-3396 easternusa.salvationarmy.org/massachusetts/lowell/

St. Paul's Soup Kitchen (978) 302-9244 stpaulssoupkitchen.org/

The Open Pantry 978-453-6693 theopenpantry.org/

Come find me, or any of my wonderful colleagues, if you have any questions at all!

~Katherine



★ LOWELL SENIOR CENTER ★

**MONTHLY
VETERANS
RESOURCE
BREAKFAST**

First Tuesday of the Month
8am

Join us for a free breakfast and presentation on
issues or resources for veterans.



**COOKING FOR ONE
WITH KATHERINE**

WITH FREE SAMPLES!
PRODUCE GENEROUSLY DONATED BY
HERON POND FARM, NEW HAMPSHIRE

.....

**TUESDAY, JANUARY 17TH
10:00 AM - 11:00 AM
GREAT HALL**

Services and Support

Medical Loan Program

Walkers, disposable underwear, fall prevention bars, and canes and available FREE. Donations gratefully accepted, please call 978-674-4131 first to confirm what is needed and available.



*Wheelchair
donations
needed!*



The Syringe Collection Program

Senior Center syringe drop-off accepted on weekdays at the front desk. Free disposal containers are available while supplies last.



Get Help with Medicare

Call 978-946-1374 and leave a message. A trained counselor will call you back within 1-2 days. Drop-in counseling is available Mondays from 9-11.



CareRide, a program of AgeSpan, provides non-emergency medical transportation in the Greater Lowell area and to Boston for people age 60+.

Contact Alexandra Luciano, Care Ride Program Coordinator at 978-651-3118 or aluciano@agespan.org

Bills come to your address monthly, \$4/each way for local trips.

Rides to Senior Center

Call 978-674-4131 for a ride to the Senior Center for meals and activities. You must call by 9am on the day of your ride.

LRTA Road Runner

ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types.

Senior Dial-a-Ride is available for all Lowell residents age 60+ for medical rides only. Call Road Runner at 978-459-0152 to sign up.



Senior Abuse Hotline Number

To report suspected elder abuse, call:
1-800-922-2275

AgeSpan (formerly Elder Services)

Meals on Wheels,
Assistance with Home
Care, Case Management,
Support for Seniors and
Caregivers,
Prescription Advantage
1-800-892-0890

Legal Services
Assistance & Referrals
1-800-342-5297

Fuel Assistance 978-459-6161

DTA Hotline (SNAP/Food Stamps)

Direct line for seniors:
1-833-712-8027

MassHealth 1-800-408-1253

Social Security Administration 1-800-772-1213

Medicare 1-800-633-4227

Pollard Memorial Library

Computer Workshops are on hiatus for now.

If you need help, try

- The Library's tech support guide:
- <https://lowelllibrary.org/services/tech-home/>
- Visiting the Library at 401 Merrimack St. They aren't offering workshops, but they can help you troubleshoot and use a computer.

Call the Library at (978) 674-4120 if you'd like more info.



LITERACY VOLUNTEERS
of MASSACHUSETTS

**Want to make a difference in the life of an adult
with limited English or basic literacy skills?
We'd love to hear from you!**



POLLARD MEMORIAL
LIBRARY
—LOWELL—

The Library is looking for volunteers to work with English language learners! Email Mary Hartmann mhartmann@LowellLibrary.org or smiller@lowelllibrary.org if interested.

January Movies

This month's theme is...staff and volunteer favorites!

Pay It Forward (2000)

Thursday, Jan 5, 12 pm (Noon)

Volunteer Albert's favorite!

Kevin Spacey, Haley Joel Osment and Helen Hunt star in this tearjerker about small acts of kindness.

Willow (1988)

Thursday, Jan 12, 12 pm (Noon)

Outreach Coordinator Amy's Favorite!

A dwarf must protect a baby prophesized to destroy an evil sorceress in this fantastical, magical adventure tale.

Love Story (1970)

Thursday, Jan 19 12 pm (Noon)

Volunteer Carmen's favorite!

"Love means never having to say you're sorry" in this iconic weepy romance. Bring your Kleenex!

Beetlejuice (1988)

Thursday, Jan 26, 12 pm (Noon)

New Director Kim's Favorite!

From the twisted mind of director Tim Burton comes a quirky comedy set in the afterlife! Staring Gina Davis, Alec Baldwin, Winona Ryder, and Michael Keaton.



Woodland Animals Word Search



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CHIPMUNK

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MOOSE
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WOLF
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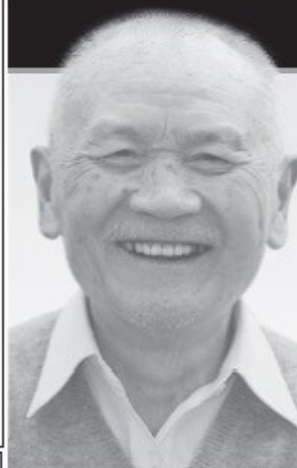
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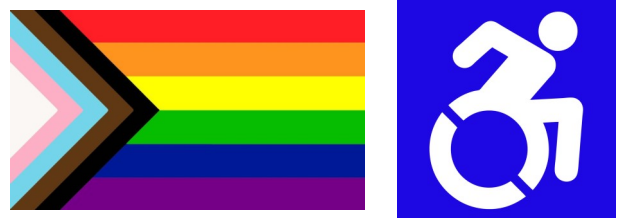
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